

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MARCH 24, 2006

Marines place second in Electron Marathon

Story and Photos by Lance Cpl. Ryan Trevino
Sports Editor

Cassidy Joseph drove his electric-powered vehicle to a second-place finish for the Marine Corps racing team in Saturday's 11th Annual Hawaiian Electric Company Electron Marathon 2006 military challenge held on Ford Island at Pearl Harbor. Army driver Alexander Ramos just edged out Joseph to claim first place for his service in the 10-lap dash around the one-mile track on Ford Island.

"I wanted to come in first," said Joseph who is assigned to the Facilities Department here. "I thought I had it for a second, but the Army car was too fast for us."

The inter-service race was a small-

er part of a bigger event, which involved teams from 28 high schools from all over Hawaii. Each school provided their own electric-powered vehicle to participate in a one-hour endurance race sponsored by the Hawaii Electric Company, United States Navy and the Hawaii State Department of Education.

The focus of the high schools' participation was the application of electro-technology in the construction of mini-electric vehicles that are endurance tested. The overall winner of the high school portion of the event was Waialua High and Intermediate school from Oahu.

The focus of the military challenge, which lasted about 15 minutes, was slightly different from the

See *ELECTRON*, C-2



Cassidy Joseph, driver for the Marine Corps racing team, sticks close behind Alexander Ramos, Army racing team, during the inter-service portion of the 11th Annual Hawaiian Electric Company Electron Marathon held on Ford Island at Pearl Harbor. The Marine Corps racing team entered three electric-powered vehicles to race around the one-mile track for 15 laps.

How to make healthier meal choices

Lt. Col. Will Wheeler
Tripler Army Medical Center

March is National Nutrition Month. This year's theme is "Step up to Nutrition and Health" with an emphasis on the revised Food Guide Pyramid.

Registered Dietitians nationwide will be promoting choices this year. Everyday we make choices in what we eat and drink. Those choices directly impact the way we feel. To assist in making better choices, the Food Guide Pyramid is available at <http://mypyramid.gov>. It is easy, user-friendly and customizable.

According to studies, the fruit group is a big challenge for many people.

The pyramid recommends two cups of fruit per day. When it comes to fruit juices, the site states that, calorie-wise, fruit juices are no different than sodas. Serving sizes for a variety of foods within the food groups are also listed.

A key point in making good choices is making sure the food you choose is readily available. Planning meals in advance will help in designing a smart and healthy eating plan for the day. A weekly trip to the local commissary may be a solution.

Before taking a trip to the commissary, review the pyramid recommendations. Be sure to purchase items from the vegetable, fruit and whole grains groups. According to the site, those groups are the most challenging for many people.

Another place to make healthy choices is in a military dining facility. They include a variety of choices and reasonable portion sizes. In most facilities, leaving with a serving of fresh fruit is usually allowed.

One activity that the Tripler Army Medical Center's Nutrition Care Division is

See *MEALS*, C-4

Trojans heat up late in the season

Lance Cpl. Ryan Trevino
Sports Editor

The Headquarters Battalion Communications G-6 Trojans blew out the Installation Personnel Administration Center Warriors 86-45 March 15 in intramural basketball action at the Semper Fit Center Gym here.

This was only the second win of the season for the Trojans, who seem to be playing at a higher level heading into the playoffs, according to Trojans' Forward Nathan Giles.

"Everybody was just feeling it tonight," said Giles. "We're finally coming together as a team at the right time of the season. Giles added, "We don't have many players, but we play

hard."

Giles was speaking of the small number of players the Warriors have available each game. Trojans' Shooting Guard Adam Martinez said he agreed with Giles.

"We always play short with six, sometimes even five, players," said Martinez. "I guess we just get kind of fatigued at the end."

But this time was different, according to Jonathan Adams, Trojans' forward, because IPAC only had seven or eight players, which leveled the playing field drastically.

Adams added, "We're playing so good, we are making, like, every shot we take."

Martinez hit three 3-pointers during the game for a total of 9 points. Adams

was the third highest scorer for his team with 15 points.

With the Trojans up by 15 points at halftime, Warriors' Forward Ambrosis Fox said he still had confidence in his team.

"We just aren't matching up with them right now, but we still can come back and win this game," said Fox.

Warriors' Point Guard Phillip Guzman said he knew what had to get done in the second half for his team to have a chance.

"We need to play more solid on defense and pick up the momentum," said Guzman, who had 13 points against the Trojans. "What more can I say? We just need to pick it up and score more points."

However, Fox's confidence and

Guzman's game plan aside, the Warriors were still outscored heavily in the second half.

The Trojans' point leader for the night, Deshawn Bradford, with 23 points, said he was impressed with how well his team performed Wednesday.

"We are just playing so good," said Bradford. "When it gets down to the last couple of minutes, it is all heart." Bradford said he hopes they can keep it up, getting so close to the playoffs.

Guzman led the Warriors in scoring with 13 points. Point Guard Edward Smith added 11.

The Trojans had four players who scored 10 points or more. Israel Kirsey

See *TROJANS*, C-4



Tony Blazejack

Warriors' Point Guard Nathan Giles drives to the hoop past Ambrosis Fox of the Inbound Personnel Administration Center Warriors. The Trojans defeated the Warriors 86-45 in a intramural basketball game March 15.

WHO warns of flu pandemic

Department of Defense Public Affairs
LIFELines

The World Health Organization is warning that signs point to the possibility of a global flu outbreak, called a pandemic.

There have been three flu pandemics in the last century; the worst, in 1918, killed as many as 50 million people worldwide.

Scientists say it is only a matter of time before the next worldwide influenza outbreak. Concern is rising that it could be triggered by the avian flu called H5N1.

That virus has killed or led to the slaughter of millions of birds, mostly in Asia, but also in parts of Europe. It has killed about 98 people, mostly poultry workers, because, so far, the virus does not spread easily from person to person.

The fear is that it will mutate to spread easily, a catastrophe because H5N1 is so different from annual flu strains that people have no natural immunity, and predictions range of the possibility of 100,000 to two million people dead in this country.

As with war, DoD has begun planning for any eventuality and the department's roles and responsibilities. Also, check the Military Vaccine Web site and the National Institutes of Health.

The U.S. Government has also established a Web site for information on bird or avian flu.

President Bush has asked Congress for \$7.1 billion in emergency funding to combat a possible influenza pandemic brought on by

bird flu originating in Asia.

In a speech at the National Institutes of Health in Bethesda to announce a comprehensive national strategy against pandemic flu, Bush warned that although bird flu has not reached U.S. shores and remains primarily an animal disease, there is cause for vigilance because a pandemic could develop rapidly with devastating effects.

"Scientists and doctors cannot tell us where or when the next pandemic will strike or how severe it'll be, but most agree: At some point, we are likely to face another pandemic," Bush said.

"Because a pandemic could strike at any time, we can't waste time in preparing," he said. "So to meet all our goals, I'm requesting a total of \$7.1 billion in emergency funding from the United States Congress."

Frequent, short-notice deployments around the world demand that the military step up its emphasis on keeping the force vaccinated for contingencies it may face, according to the Defense Department's deputy director for the Military Vaccine Agency.

The expeditionary nature of the force requires that DoD plan ahead to provide its members the best possible protection against disease and illness when they deploy, Army Col. John Grabenstein said during an interview with American Forces Press Service and the Pentagon Channel.

"Vaccinations have always been about planning ahead,"

See *PANDEMIC*, C-4

Sports Briefs

Saturday

CSSG-3 Swamp Romp — The 12th Annual Combat Service Support Group 3 Swamp Romp is right around the corner. Referred to as Hawaii’s dirtiest footrace, the Swamp Romp returns to Kaneohe Bay Saturday. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud. For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

Kaneohe Bay Spring Splash will be held at the Hilltop Pool at the Officers’ Club here, from 2 to 4 p.m. Music, games, prizes and demonstrations will be available.

Thursday

SM&SP Shank & Slice Best Ball Golf Tournament — It’s time again for the famous SM&SP Shank & Slice Golf Tournament. Players will hit the Klipper at 12:30 p.m., Thursday. The tournament is open to all single active duty service members, E1 through E5 and their active duty guests. Players are invited to bring their bosses; however, all guests must play with their sponsor. The fee for the tournament is \$30 for E1s through E5s and \$38 for guests, E6 and above. The price includes golf fees, golf cart, pupus, sodas, and prizes. Preregistration is mandatory, due to the high volume of registrants that are expected to play. Today is the deadline for registration. All entry forms are to be delivered to the SM&SP office, Building 1629, the Semper Fit Center or the Camp Smith Semper Fit Center gym. For supplemental information, call the SM&SP office at 254-7593.

April 1

Womens Golf Clinic — The Kaneohe Klipper Golf Course will be hosting a Womens golf clinic starting April 1. Learn all aspects of golf, from rules and etiquette to form and other skills. Contact Todd Murata at 254-1745 for more information.

Ongoing

Semper Fit All Marine Chess Team — The competition will be held June 11 to 17 in Jacksonville, Fla., Marines interested must submit resumes to Athletics Coordinator by April 21. Resumes must include the USCF membership card identification number, state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years. Contact Stacy Barkdull at 254-7590 for more information.

All-Marines Women’s Trial Soccer Camp — Semper Fit is seeking participants for the All-Marine Women’s Soccer Trial Camp. The camp will be hosted at Marine Corps Recruit Depot Parris Island, April 10-May 1. Interested female Marines must submit an application by March 30. Call 254-7590 for more information.

All Marines Men’s and Women’s Volleyball Training Camp — Semper Fit is seeking players for the All-Marine Men’s and Women’s Volleyball Training Camp being held at Marine Corps Air Station Cherry Point starting April 17-May 10. Interested Marines must submit an application By March 30. Call 254-7590 for more information.

Semper Fit Center offers array of aerobics — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. Prenatal Yoga is one of the new courses that are specifically for expectant mothers who want to maintain a healthy exercise regiment. The Fab Abs and Gut Cut programs are offered to those who want to shed a few inches around the waistline. Cardio Kick and Step classes are also offered. For more information about these new classes and their schedule class times call 254-7597.

Paintball Hawaii — Nestled behind the Lemon Lot is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283, for Friday appointments.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. Call the Semper Fit Center at 257-7597 to schedule an appointment.

Hawaii Marine accepts briefs — Submit items for the sports briefs section via e-mail to editor@hawaiimarine.com or call 257-8837.



The Marine Corps racing team lines up side-by-side before the start of the military challenge portion of the 11th Annual Hawaiian Electric Company Electron Marathon 2006 held on Ford Island, Saturday. From left to right: Giovani Dominguez, Cassidy Joseph and Racheal Benezette. Benezette was unable to finish the race because of a chain malfunction on her vehicle.



Paul Tomita (right), Facilities Department, helps Dominguez with some last-minute adjustments. The Marines placed second in the race, which involved all of the other services.

ELECTRON, from C-1

“The high school race is mainly to test the endurance of the cars, while the military race is all about speed,” explained Racheal Benezette, Marine Corps Air Facility. Benezette was one of the Marine drivers in Saturday’s race, but did not finish because the car’s chain fell off. This was her second year racing. “I like doing this because I want to be a NASCAR driver,” said Benezette, “and I like to volunteer for these types of things.” The Marine Corps’ team entered three battery-powered vehicles to race Saturday, but only two finished. One of the vehicles could not complete the full 10 laps, due to a chain malfunction. “We had a couple of mechanical glitches this year,” said Bill Nutting, energy manager, Facilities Department. “But the drivers came through for us. This is the best we’ve ever done.”

This year’s race was an improvement of last year’s performance. Last year one of the vehicles the Marines entered failed to finish because of mechanical problems. The other finished in fifth place. John Dunbar, resource efficiency manager, Facilities Department said the Marines race in this event each year to promote energy awareness throughout the armed services. “The military participates in this race to emphasize energy conservation on our bases,” said Dunbar, “and also, because it is a lot of fun. It gives us a chance to get out there and compete with the other services,” he added. The drivers started test driving the vehicles two weeks prior to the race to work out any glitches, according to Joseph. This included a chance to go out and run the track at Ford Island, March 16. Dunbar said he doesn’t build new cars for each year’s race. He tries to make improvements to the older cars, like changing the wheels out to make them go faster. “We get new drivers each year, so we try to familiarize them with the car and the track,” said Dunbar. He said they had a month of preparation for this year’s race and predicted that they would do better than last year. They did just that. “We were in the race the entire time this year,” said Dunbar. “We were glad we beat the Navy anyway.” The Navy team placed third out of the four armed services and the Coast Guard in the competition. Joseph said the bottom line of energy conservation and awareness in the military is to free up more money for operational purposes. Nutting said he was satisfied with the overall turnout and results of the event. He said that all they need is one more year and they might even win. This was the fourth year the Marine Corps participated in the event.

Build your own first-aid kit

Ann Wells
LIFELines

There’s a right time and a wrong time to look for your first-aid kit. The wrong time is when little Joey has fallen off the porch and is lying on the ground, crying and in need of a Band-Aid and some TLC. Through the panic and the noise, you’ll never find everything you need. You can prevent that problem by putting together a complete first-aid kit right now. Most first-aid kits contain a variety of basic supplies. While you may have many of these items on hand, its a good idea to keep them together in a well-marked container. Keep the container out of reach of children but easily accessible to those who may need it.

Bandages
*Adhesive bandages
*Roller bandages, 2– and 3–inch
*Butterfly bandages – to hold wounds together
*Gauze pads and tape – a variety of sizes
*Ice packs – chemical, traditional, or both
*Sterile eye patches
Cleaning

*Moist towelettes, cloths, or baby wipes
*Alcohol and cotton pads for application of ointments, cleansers, or water
*Antibacterial water-free soap
*Eyewash or sterile saline solution (as for contact-lens use)
*Bottled water
Tools
*Scissors
*Needles
*Razor blades or X-Acto knife
*Tongue depressors
*Flashlight
*Plastic gloves
*Splints
*Blanket
*Mirror
*Syringe or measuring cups
*Thermometer — Include a rectal thermometer and lubricant if babies are involved.
*Fabric and safety pins to make a sling
*Plastic bags in a variety of sizes – to hold severed fingers or toes, etc.
*Paper cups – for drinking or to cover a wound
Ointments and Medications
Regularly check expiration

dates of these items.
*Painkillers – Aspirin, ibuprofen, acetaminophen. Note: Do not give children aspirin.
*Antacid
*Laxative
*Anti-diarrhea medication
*Calamine lotion – for poison ivy and bug bites
*Hydrocortisone cream – for itches and rashes
*Antibiotic ointment – to prevent infection
*Sunscreen – at least SPF 15
*Insect repellent
*Activated charcoal – for use as directed by Poison Control
*Ipecac syrup – to induce vomiting
Miscellaneous
*Contact list – Include phone numbers for Poison Control, Emergency Medical Services, your family physician, work numbers, and an emergency point of contact.
*First-aid manual
Your first-aid kit should be tailored to your family’s specific needs. If a family member has a medical condition, include information about treatment and the doctor’s phone number. Keep an extra supply of necessary medica-

tions in your first aid kit, but remember to store it in a child-proof container. Consider placing a condensed first-aid kit in your car. During a PCS move, it can certainly come in handy. If you create a first-aid kit for your family pet, you’ll need many of the same items. The American Humane Association and the North Carolina State Animal Response Team provide valuable information about first aid for pets, from dogs and birds to reptiles. Your first-aid kit is not terribly useful unless you know how to use it. The American Red Cross offers courses in CPR, basic aid training, and standard first aid. If you don’t have time for a class, read up on the subject. Try the First-Aid Safety Handbook, which includes a wide variety of information, from sea snake bites to choking to heat-stroke. You can’t provide effective first aid if you’re running around the house frantically searching for a bandage and some antiseptic cream. Take the time to create a complete first-aid kit and learn how and when to use it. You may save a life.



THE BOTTOM LINE

Editor's Note: "The Bottom Line" is a weekly sports commentary written by two sports aficionados who sometimes don't see eye-to-eye. The Texan, Lance Cpl. Ryan Trevino, and The Vice, Tony Blazejack, who hails from Miami. Send your "Reader's Strike Back" comments to editor@hawaiimarine.com and your suggestions will be considered for publication. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.

Is T.O. a fit in Dallas?

The Vice

In case you haven't noticed, Terrell Owens really likes to talk. He likes to talk about how badly he was treated in Philadelphia — how the management, media and fans were unfair to him. He likes to talk about the Dallas Cowboys and how excited he is to play there — and get paid.

In fact, Terrell Owens has recently joined a rank among ranks in the professional word of athletics. That's right, T.O. is rapping. As if the endless stream of self-satisfying verbal press releases wasn't enough, Owens posted a track playing as background music Web site that shows the world he's got other talents than catching footballs. Such a barrage of creativity contained within this most recent artistic endeavor include rhymes such as,

"When it comes to this game, I'm the best in the field. Some said I was gonna sign just a one-year deal, but I got what I wanted up front, 10 mil, changed the rules of the game. So now how you feel?"

My advice to Cowboys fans? Start piling up on your antacid stock. This is just the beginning.

He's announced that he's working on a new book (i.e., he's paying someone a lot of money to write it for him; hopefully not Jose Canseco or whoever wrote the rhymes for his song) describing the T.O. story in Philadelphia. That's right. The real story. Evidently, the media got it all wrong. The war he started in the press and in the clubhouse, which eventually led to him and his ego getting kicked to the curb, was never any fault of his own, according to Owens.

Despite what the Texan might say (he is, after all, from Texas), Owens will have to undergo

some serious personality rehabilitation if the Cowboys really expect him to contribute to the team. Jerry Jones even sent Keyshawn Johnson packing to make room for Owens. There's little doubt that it was due to the fact that there is no chance that the two could coexist on the same team.

Wait, did I miss something? Aren't these guys paid millions and millions of dollars to play on a TEAM?

Imagine if some left guard said that he couldn't play for so-and-so because his personality didn't fit well with the right guard's. Could that happen? No way. Linemen don't worry about things like that. They go out and do their job. So why then, is it ok for receivers to act like little pretentious crybabies?

Somewhere along the line, guys who could catch a football took franchises and fans to the cleaners. Terrell Owens, Randy Moss, Keyshawn Johnson. Sure, they're great when they shut up and do what they're paid to do, but it's nothing but headaches and ulcers in between. When did we lose sight of receivers like Jerry Rice or Isaac Bruce? What happened to the merits of work ethic and producing for the team and not the individual?

"I got a brand new team. I am a Cowboy now, no more black and green. To the haters that said I'm not going to get my money, I'm laughing in your face, ha ha, that's funny."

Oh, and in case you're wondering, preorders are available for T.O.'s Dallas jersey through his Web site. No word on the autographed mini-helmets, just yet.

Bottom line: T.O. needs to shut up and do what he's good at: playing football.

The Texan

After hearing Dallas Cowboys' owner Jerry Jones announce that he has signed Wide Receiver Terrell Owens to a three-year, \$25-million contract, a smile slowly spread across my face. Being a Dallas fan, I saw this as a blessing in disguise. Jones had gotten himself a bargain for a top-shelf receiver, one with the potential to greatly strengthen up the Dallas receiving corps, which has been less than impressive since the days of Michael Irvin. However, as many sports fans know, plenty of baggage also comes with this deal. He has been labeled "terribly overrated" and "team obliterator" by certain sports writers for his infamous battles with the media and his teammates.

A dark mist of controversy has cloaked him since the day he signed with the Eagles in 2004. Critics and fans alike would rather talk about his heated arguments with Quarterback Donovan

McNabb, rather than focus on his domination of cornerbacks throughout the league. They want to ignore the fact that he has 103 career touchdowns and disregard his NFL record of 20 receptions in a single game.

T.O. has had some rough times in his career, I'll admit, but I believe that those days are over. All he needs is a fresh start in a new city and with a new quarterback to shake off the stigma that has latched onto his name. Dallas and Drew Bledsoe are exactly the combination that T.O. needs at this point of his career to reinstate his claim as National Football League's top receiver.

Determining whether a receiver is going to find a home in a new city, there are two factors that stand out more than the others — the fans and the quarterback.

Let's take a look at the city of Dallas. It is a big city in a bigger state with fans who love big egos, and T.O. definitely has one of those. Instead of shun-

ning players with a flare for the dramatic, Cowboys' fans embrace them. Players like Michael Irvin and Deion Sanders, who came off as arrogant to fans elsewhere, found a place to call home in Dallas.

I'll admit that T.O. is probably one of the most arrogant players to ever play the game, but sometimes I feel that characteristic goes hand-in-hand with the level of play he is capable of on the field. I'm not saying that great players should act like jerks when it comes to their teammates and fans, but I do believe there is thin line separating arrogance and confidence and that a lot of fans' vision gets a little blurred determining which is which. T.O. is confident, not arrogant, and Dallas is the place to turn loose his personality without having to worry about another Philly situation.

However, more important than the fans, when it comes to deciding whether a player fits well on a team,

See TEXAN, C-4

SPORTS AROUND THE CORPS

Gunny makes it happen, on and off the court

**Story and Photos by
Lance Cpl. Randall A.
Clinton**

MCAS New River

Marine Corps Air Station, New River, N.C. — Gunnery sergeants get things done in the Marine Corps. If there is something you need, usually a "Gunny" can fix it, get it, or make it happen.

That statement might hold water within the gates of New River Air Station, but what about on the basketball court?

Gunnery Sgt. Luis E. Santos, Marine Heavy Helicopter Squadron 464, administration and personnel chief, coaches the Southwest District All-Stars with the drive and intensity that has brought him so much success in his career.

Santos spends the spring seasons on the sideline coaching his daughter's basketball team with Head Coach James Jordan to help the girls reach their potential.

"He brings a lot of motivation," said the first-year head coach.

In the office or on the court, don't expect Santos to

be quiet.

"He's loud. He doesn't yell, just loud," said Lance Cpl. Lynn K. Lopes Garcia, an HMH-464 administration clerk.

The Marines of the HMH-464 administration office know Santos' leadership style and know he brings the same expectations to his All-Stars.

"He's demanding in a good way," said Lopes Garcia.

There was a girl on his team who wouldn't put forth the effort, so he pulled her from the game. He told her that if she wants to play, she needs to play hard, Cpl. Rafael A. Carbuccia, HMH-464 operations chief, added.

As the season winds down, his volume increases, said Lopes Garcia.

"He gets really excited now. He brags about his kids a lot," the Bronx, N.Y. native added.

By bringing the Southwest District its first State Championship in history and winning games by an average of 25 points, Santos has some room to boast.

After each game, his Marines know what to expect when they come to work the

next day, said Carbuccia.

"If they win, its crazy in here. If they lose, he'll tell you about it," said Carbuccia.

Even the office furniture can't escape the celebration, he said.

"He starts imitating his players, jumping around the office and spinning off the desks," said Carbuccia.

After a win, the squadron sergeant major can even hear the excited Santos, he said.

"He starts yelling and screaming, and you can hear him at the other end of the hall," said Carbuccia.

Much like the Corps, he sees each game as an opportunity for the girls to grow individually and as a team. Beyond the contest on the court, the game allows the girls to develop into better people — learning about family, teamwork, and discipline, he said.

Santos said he enjoys the success the team has had in recent years, but also realizes what the sport is all about: "Seeing the kids have fun. I like seeing them improve and having a good time with each other."



Gunnery Sgt. Luis E. Santos focuses the girls on the task at hand — a scrimmage against an older and stronger All-Star team. James Jordan, head coach, credits Santos with keeping the girls motivated and playing hard.



Jasmine Williams, number 45, fights for the ball against the older All-Stars March 14. Under sized, but not underplayed, the girl's hustle and grit makes up for their height disparity.



Head Coach James Jordan and Assistant Coach Gunnery Sgt. Luis E. Santos bring the girls together after the hard-fought game March 14. Their play on the court impressed parents and coaches for both teams.

TROJANS, from C-1

scored 11 points, Bradford added 23, and Adams had 15 and Giles, 20. According to Martinez, his team is steadily improving.

“This is only our second win of the season,” he said. “We are all good players, but it took awhile to make us a good team.” Catch more intramural basketball at the Semper Fit Center gym every Monday, Tuesday and Wednesday, starting at 6:30 p.m.



Tony Blazejack

Jonathon Adams, Trojans, gets fancy with a layup. This was the second win of the season for the Trojans.



Tony Blazejack

Edward Smith, Warriors, dishes it off during their game against the Trojans March 15 at the Semper Fit Center gym.

PANDEMIC, from C-1

Grabenstein said. “We try to anticipate what is going to happen at the other end of that plane flight to the deployment area.” As a result, he said, DoD is conducting more surveillance about infections and disease that troops need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering these vaccines. BUMED also has issued guidance on influenza vaccines. Service members should be aware of false medical claims and how to prepare for a pandemic. DoD is also making a greater effort to ensure service members’ shot records are up to date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not “. . . a big, long laundry list of vaccines,” Grabenstein said. This effort includes more screening of reserve and guard troops, checking their immunizations records each fall when they receive their flu shots to ensure they’re current. Grabenstein said reserve component troops generally

require more shots than their active duty component counterparts when preparing for deployments. When entering the military, all troops receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Grabenstein said. Other vaccines protect against bioweapons such as anthrax and smallpox. The Defense Department put its anthrax vaccination program on hold last fall pending legal challenges, but supports findings that the vaccine is safe and effective. Grabenstein said mandatory immunizations for military protect the fighting force and keep it fighting, much as body armor does. Since the first vaccine, against smallpox, was introduced in the late 1700s, he said, no other medical technology has surpassed immunization in protecting people against disease. Grabenstein said, “It’s the biggest success story in all of medicine.”

MEALS, from C-1

offer this month is two commissary tours. Each tour is designed to assist people in making good choices at the commissary - which translates into having smart food choices available later. For tour dates and times or for more information, please call (808) 433-4950. Make a healthy choice by stepping up to nutrition and health – it’s worth it.

TEXAN, from C-3

is the quarterback. Drew Bledsoe rises above the competition when he has good receivers in the huddle. Bledsoe is an easy-going guy who can adapt to a situation

to win football games. Now, with T.O. in the mix, Terry Glen won’t have to carry the entire load on offense anymore. Bledsoe said he doesn’t want to make any assumptions about Owens, without actually playing with the guy first. A Bledsoe/Owens combo is one of great potential. **Bottom Line:** Dallas will embrace T.O.’s explosive playstyle and out-of-bounds personality like they have done in the past. He will raise the game of those around him to make Dallas a contender once more. Jones took less of a chance than people think with Owens. This is a great pick up for the Cowboys. Owens will finish out his days in Dallas, because he will never want to leave.



Tony Blazejack

Warriors’ Point Guard Phillip Guzman shoots a wide open jumper. Guzman lead his team in scoring with 13 points in his team’s game against the Trojans.

SPORTS AROUND THE CORPS

To Iraq and back for Marine soccer player

Cpl. Ruben D. Maestre
II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — American football great Vince Lombardi once said, “Winning isn’t everything, but wanting to win is.” For Cpl. Gibran H. Rodriguez, 22, assigned to II Marine Expeditionary Force Headquarters Group, II MEF, the desire to win and be the best soccer player he could possibly be was his life’s pursuit and passion. So much, the Aurora, Ill., resident, made his way into a foreign soccer league shortly after leaving high school.

“I pursued professional soccer in Mexico,” said the trained radio operator, whose parents are originally from there. “I was with a professional (soccer) club called Atlas Futbol Club based in Guadalajara, Mexico.”

Before his soccer-goal dreams could take off, Rodriguez, a U.S. citizen by birth faced the bureaucratic hurdles of working as a professional soccer player south of the border. Frustrated, the athlete returned home to his native United States.

The United States was embroiled in a fight against terrorism in Afghanistan during the same time. Rodriguez felt he owed his country something back for everything it had done for his family.

Warned by his Marine recruiter he would most proba-

bly deploy for a combat tour, the high school soccer and track star was unfazed, joining the Marines in October 2003.

“I remember when 9/11 happened, I wanted to do my part in the fight against terrorism on behalf of my family,” said the class of 2002 graduate from East Aurora High School. “Later, I ended up joining the Marines because I owed the United States for giving the opportunity to my family to become Americans, to excel and become something when they had nothing.”

Rodriguez didn’t go to Afghanistan, but he did deploy to Iraq in the beginning of February 2005. It was there he participated as a radio operator with 2nd Fleet Anti-terrorism Security Team Platoon and Motor Transportation Platoon, II Marine Expeditionary Force Headquarters Group, II MEF (FWD). He assisted by helping maintain lines of communication between armored vehicles through more than 100 convoy operations everywhere between Fallujah, Iraq and the Syrian border.

“I remember receiving hostile fire, seeing tracer rounds going past us in front of our vehicle,” Rodriguez said, describing one particular mission. “I was like, ‘are they shooting at us?’ And my (gunnery sergeant) said, ‘Yeah they are shooting at us!’”

Completing the job, as

countless of other Marines have done during their deployment to a combat zone, Rodriguez returned to the states in early 2006. As he comes closer toward the end of his enlistment, soccer dreams come to mind.

Teammates on the base soccer team take note of his attitude as a Marine and of his versatility and skill as a soccer player.

“I know him to be a squared away Marine, from the way he talks and carries himself,” said Sgt. Alan E. Quintanilla, 31, a teammate assigned to 8th Communications Battalion, II Marine Expeditionary Force. “He runs everywhere during a game which makes him hard to stop. When he has the ball, he’s quick and sends the ball exactly where it needs to be at. He’s the guy who makes the plays happen.”

Even if Rodriguez leaves the Marines after his enlistment, he said he will never forget his time on active duty and the reason he joined.

“I wanted to do something else that made a difference,” the war veteran said. “I wanted to make a difference not only in my life but the lives of others.”

As countless of others before him, this young man with sports aspirations has made a difference through his service to others in the Corps.



Cpl. Ruben D. Maestre

Cpl. Gibran H. Rodriguez, 22, a radio operator assigned to II Marine Expeditionary Force Headquarters Group, II MEF, and a former professional soccer player poses with a soccer ball. The Aurora, Ill. native played professional soccer in Mexico before joining the Marines in October 2003. After recently completing a year-long deployment to Iraq, Rodriguez is aiming once again for his soccer dreams and aspirations.

Fort Meyer squad slams Quantico

Pfc. Travis J. Crewdson
MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — Fort Myer beat Quantico 68-51 in women’s varsity basketball action Sunday at Barber Physical Activities Center.

Quantico was shorthanded, and eventually, fatigue got the best of the Marine squad as they were forced to play with only four players.

Quantico managed to find a fifth just before they would have been forced to forfeit. Once the game began, their stand-in player left and once again Quantico had only four players against the Army post’s six.

Quantico was the first to strike in the game and made a valiant effort so that the larger opposing team could not gain the lead despite their advantage.

“We just need to make our shots, myself included,” Fort Myer’s K.P. Brown said in the early minutes of the game.

For 12 minutes, Quantico held its own before the soldiers called a timeout with the score 17-17.

“Come on people, there’s only four of them,” Fort Myer Coach Reggie Darden said in the huddle. “We can make some easy shots and win this thing no problem.”

Back in the game, there was a three-point battle. Both teams decided the best way to rack up points was to forget about working around the other team’s defense and instead sink the outside shots. Quantico Captain Jackie Smith was the main source of her team’s scoring at that point. She successfully sank three straight 3-pointers, keeping her team just ahead of the overpowering opponent.

Fort Myer changed their defense from a zone to a man-to-man plus one. The new strategy kept Quantico from scoring until the end of the first half. Fort Myer still could not get the lead, but they came close as the first half ended 34-33.

Both teams were tired in the short break. The coaches told their players what their thoughts on the game were and the rest of the time was spent in silence as the players collected their breath and their thoughts.

Fort Myer charged into the second half with a quick shot to take the lead. Fatigue was Quantico’s toughest opponent at that point, but the Marines did not quit.

The aggressive play of the second half was wearing the Quantico quartet down and they called a timeout with the score at 52-46 and 11 minutes left to play. It was another silent break for the tired teams. When the buzzer sounded, the Marines struggled just to get off the bench.

Despite the fatigue, Quantico was battling it out with everything they had.

“Pay attention to what’s going on,” Brown yelled at her team in frustration with the close score.

Quantico used its last full timeout with four minutes left and still down 59-49.

Fort Myer went on the offensive against the tired Marines and drove the point home that they were fighting a losing battle. The buzzer put Quantico out of their misery and the game was over 68-51.

“We just played smart and used the advantage of them being shorthanded,” Darden said. “Quantico played extremely well. If they would’ve had more bodies, it would have been a dog fight. And that Smith has skills, she should be off at a college somewhere, she is division one material.”

As happy as Fort Myer’s coach was with his winning team, Quantico Coach Andre Statia was just as proud of his Marines.

“We just played ball, but we were tired without substitutes,” Statia said. “They didn’t give up. Marines don’t give up. It was tough, 40 minutes without five players is not easy. They did really good and it would’ve been a much dif-

ferent game if we had two more players, I’m proud of them.”



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EXERCISE

Fists of Fury helps Marine win

Cpl. Rose A. Muth
II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Standing in the center of a 17-by-18-foot caged octagon ring, this 5 feet, 11 inches, 220-pound machine of pure muscle claimed victory at the “Knuckle Up” Mixed Martial Arts Competition Feb. 24.

Lance Cpl. George R. Lockhart, Radio Reconnaissance Platoon, 2nd Radio Battalion, II Marine Expeditionary Force, knocked out his opponent in round three to earn the light heavyweight championship.

Growing up in Williams, Ariz., Lockhart started taking martial arts lessons at the early age of eight and always knew he wanted to become a professional fighter. Attributing his feistiness to his Hispanic-American background, Lockhart has a 5-2 professional fighting record and several titles with matching belts.

“I started out taking jujitsu when I was younger and eventually evolved to doing all types of styles,” Lockhart said. “I wanted to break into the world of professional mixed martial arts fighting, so I had to be proficient with everything from kickboxing to ground fighting. I started fighting when I was 16, and I broke out into the professional circuit when I turned 18.”

After losing his first fight at 18, Lockhart decided to join the Marine Corps and use it as a stepping stone to help get him in top shape and for future life endeavors.

“The Marine Corps has helped keep me in shape not only physically but also mentally as

well,” Lockhart said. “I have matured a lot since I first came in, and I have learned a lot from my fellow Marines. My command has supported me with letting me go to different venues to fight, as long as it doesn’t conflict with work or training. I know a lot of the life skills I have learned since I’ve been in will help me whenever I do decide to get out.”

For Lockhart, being prepared for a fight is a

top priority and he’s even tried to get his shop involved.

“I train as much as possible to always be in shape for a fight. I ride my bike the 11 miles to work and then I lift weights and do a variety of other things to help me keep me fit. I try to get some of the guys from the shop to work out with me, but they don’t last more than a week,” he said, laughing. “I’m like a machine –

if I’m not fighting then I’m training.”

When Lockhart is at work, he is busy encouraging other Marines and passing on his leadership traits, according to Gunnery Sgt. Garry M. Engle, staff noncommissioned officer in charge of his unit. “He’s secretly motivated;

See FISTS, C-7



Tony Blazejack

Loose Ball!

Patrol Squadron 4’s Mike Redden fights for a loose ball with Special Projects Patrol Squadron 2’s Anthony Ashley during an intramural basketball game at the Semper Fit Center Gym, March 15. VPU-2 pulled out the victory 46-36, and moved to second place in the overall standings for the season.

Sports Around the Corps

FISTS, C-6

he just doesn’t want anyone else to know that.”

Balancing being a Marine and an ultimate fighter is a job he takes seriously, whether in garrison, out on a training exercise or in the fighting cage, and the effort is noticed by his senior leaders.

“The work ethic and drive that he has while training carries over to his job. His fighting hasn’t affected his job negatively, and he’s great at everything he’s been doing,” explained Sgt. Michael S. Flanagan, team leader for the platoon. “Even when we were out in the field, he was still training for fights. I would see him doing crunches or making a punching bag out of something to help keep his skills up. He does what he has to do no matter where we are at to stay on top of his game.”

The weekend of his championship fight was well worth the weeks of intense training and strict dieting Lockhart had to follow to claim his light heavyweight title.

“I had to weigh in the day before the match, and I do a lot of meditating to stay relaxed,” Lockhart said. “The day of the event I eat a complex carbohydrate meal and try not to think about the fight. I go to the rules meeting prior to the fight starting, and I either watch some of the other matches or get in a quick nap. I’ll get up about two fights before mine and start warming up.”

During warm ups, Lockhart goes over everything in his head and gets in the zone to give the best fight of his career, every time he steps in the ring.

“When I walk up to the fight, I don’t hear a thing, I just block everything out,” Lockhart explains with a fierce intensity in his eyes. “But the moment they raise your hand to announce you are the winner is the best feeling in the world. When you put the championship belt on is when you hear the crowd saying your name.”

Friends, family and Marines from Lockhart’s platoon were at the event to show their support of his future career and, for some, this was the first time seeing him fight.

“I have never been so impressed by some-

one’s athleticism and endurance during a fight,” said Lance Cpl. Katy J. Casazza, Russian cryptologic linguist, operations control analyst platoon, 2nd Radio Battalion. “I’ve seen his fights on TV and he looks like a machine, but with his skills he made it look so easy.”

Claiming victory after a third-round technical knockout, Lockhart is getting ready to train for another upcoming venue in Atlanta in late April.

“The process never ends and I’m always looking for a new challenge when I step into the fighting cage,” the warrior said. “My family has supported my career 100 percent, but I believe all my strength comes from the man upstairs. He gave me the talent and I’m trying to train to be the best that I can.”



Courtesy of Groundpound.org

George R. Lockhart (left), radio reconnaissance platoon, 2nd Radio Battalion, II Marine Expeditionary Force, fights his way out of a head lock from opponent Scott Harper during round two of the “Knuckle Up” Mixed Martial Arts Competition in Atlanta, Ga., Feb. 24th. Lockhart, who has been in the professional fighting circuit since he was 18, won by a technical knockout in the third round and won his second light heavyweight championship title.

Get that out!

Jay Reynard, Wizards, denies a shot from Keith Robinson, Patrol Squadron 4, in an intramural basketball game March 15 at the Semper Fit Center. The VPU-2 Wizards went on to win the game 46-36. They moved up in the rankings to second-place overall.



photo by Tony Blazejack

Intramural Basketball Standings (as of March 20)		
TEAM	WINS	LOSSES
VP-9	13	0
VPU-2	10	1
MAIS-24	13	2
CSSG-3	10	2
3RD Marine Reg.	9	4
1/12	7	5
HSL-37 "B"	8	8
HMH-362	7	8
HSL-37 "A"	6	8
VP-4	5	7
Mess Hall	5	9
G-6	3	10
MCAF	3	12
IPAC	1	10

Intramural Baseball Standings (as of March 20)	
TEAM	RECORD
MAG-24	8-1
VP-9	6-3
VP-4	4-2-1
1/12	4-4
HQBN	3-4-2
CSSG-3	0-9-1

MEDIA, from C-5

Kelley Harper
LIFELines

Terrorist attacks on our country and the resulting war on Al Qaeda and the Taliban have stunned Americans. We have watched in disbelief as events have unfolded before our eyes. We have been glued to the television to learn what’s happening and what to expect in the future. We have seen newspaper and magazine cover pictures of the war on terrorism, along with injured firefighters and police officers, the very people we’ve always relied on to keep us safe. Television, radio, and newspaper advertising remind us constantly of our country’s need to “roll on,” that our economy is in the tank, and that we are at war.

We try to digest this new condition of our nation and the world and figure out where we go from here. As spouses and parents of Sailors and Marines, the news and its media coverage hit especially close to home, and our children are right there alongside us.

Our children see these same images, but are far less able to comprehend them. Hopefully you have tried to discuss what is happening with your children. Perhaps their teachers have also explained current and recent events to reassure them that they are safe. One thing is for sure — our children know about the terrorist attacks, they know about the Global War on Terrorism, they have heard about the national economy and have seen the news of increasing unemployment and other economic impacts. Children are affected by these events and they’re exposed to media coverage.

The media, in the form of television, radio, the Internet, newspapers, and magazines are America’s way of tapping into the world, informing us of what is happening around us – good and bad. It can be an exciting tool that leads children into educational and explorative knowledge. But the media also portray acts of violence and war and destruction. And seeing photos of service people in harsh and frightening surroundings can spark fear in children whose parents go to work in a military uniform.

What researchers say

The links between violence on television and the effect it has on children has long been known. According to the American Academy of Pediatrics, children who view violent events on television may become less sensitive to the pain of others, become

more fearful of the world around them, and express their emotions in destructive ways.

Researchers say that viewing not only fictional programs, but also real news events, can have a significant effect on children over time. The news often depicts the bad things that happen in the world every day, and very little of the good. This can give children the impression that they are unsafe and that they should be afraid of the unexpected.

The U.S. Department of Education has compiled a list of online resources for helping children understand and cope with violence in the media and the news coverage of terrorist attacks.

How to help your children

Children react to fear and tragedy differently. There is no one way that is common to all children, but there are steps every parent can take to help ease their children’s fears.

Talk with your children about their concerns, and continue talking. Children often ask questions that may seem unrelated to something they saw on television, but are very much a concern in their minds. Their persistent need to understand the military parent’s job could be related to their fear of losing the parent. Depending on your children’s ages, provide answers that are brief and honest. Explain to them what is true and what is rumor or speculation.

Listen to your children

Turn off the television and reach for a book. Open a world of opportunity and discovery to your children. Reading or hearing a story can give them an alternative to the replaying of tragic images on the news. Look for children’s books at your local library that can help ease their concerns or give them something else to think about.

Encourage your children to vent

their fears in productive ways. Ask them to draw a picture of what they’re feeling or write in a journal. Give them extra hugs, and tell them how much you care. Older children may like getting involved in fundraising activities or participating in a human flag.

The American Red Cross has created a wonderful resource for parents who need help with age-appropriate activities. A free guide, “Helping Young Children Cope with Trauma,” is available online.

Build a Team of Supporters


Limiting media exposure is a team effort. While you can’t keep your children in a bubble and censor all that comes their way, you can keep the communication lines open between teachers, chaplains, and other adults in your children’s lives.

Talk to other adults in your community about your feelings of media exposure and form ties with those

who feel as you do. Plan group outings with those families to fun and educational places. Also, keep those important people informed if your child is experiencing difficulties coping with a deployed parent.

Your child’s teacher can be one of your greatest partners. On September 11, 2001, the day of the World Trade Center and Pentagon attacks, many teachers suddenly found themselves with the task of explaining what had

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